



A Wellness Initiative to Benefit DCS Employees and Prepare Student Nurses for the Future of Healthcare

Health Coaching 4 DCS is a pilot program offered to the Department of Child Services (DCS) through the Indiana University School of Nursing (IUSON). The focus is to assist DCS employees in making voluntary behavior changes to enhance well-being, job satisfaction and productivity. It will build upon the existing resources available to state employees as well as the agency's strong commitment to serve the needs of child welfare workers.

Who: DCS staff across the state who want to improve their health and overall well-being.

What: Health coaching is a well-documented, evidence-based method to affect positive behavior change. Health Coaching 4 DCS includes seven consecutive, 30-minute sessions that can be scheduled on a participant's break. The sessions are conducted by IUSON students that are supervised by IUSON faculty.

Where: Health coaching sessions can be either in person (Indianapolis only) or over the phone – both are equally effective. (On-site sessions will be held at the IU School of Nursing in Indianapolis)

When: **EVERY THURSDAY** starting **October 9th** from 8:00am – noon with limited afternoon sessions from 1:30 – 4:30pm.

BONUS:

- **NO COST** to the participant
- **NO INSURANCE** required
- **COMPLETELY CONFIDENTIAL.** Participant's can sign up using any email account (such as Gmail) or use a pseudonym. The DCS email account is fine, but IS NOT required.
- **REGISTRATION** through a PROTECTED Survey Monkey link. Scheduling is completed through the IU School of Social Work to offer participants an additional degree of confidentiality.

*Space is limited to 40 participants. [Click here](#) and sign up today! Within a week, you will be contacted by the IU School of Social Work with your confirmed session.

If you have further questions, contact DCS Special Projects Manager, Jeannie Keating at Jeanette.keating@dcs.in.gov or the [DCS Wellness Champion](#) in your area.